



Super Recipes

Delicious dishes and treats
using our Organic Superfoods



Vegan Brownie Skewers

Makes: 6

Ingredients:

- 50g Bioglan Superfoods Cacao Boost
- 2 tbsp Flax + Chia
- 200g dark chocolate
- 1/2 tsp coffee granules
- 80g vegan margarine
- 125g self-raising flour
- 70g ground almonds
- 1/4 tsp baking powder
- 250g golden caster sugar
- 1 1/2 tsp vanilla extract

Brownie-licious

Method:

- Heat oven to 170C/150C fan/gas 3½ Grease and line a 20cm square tin with baking paper. Add six tbsp water to the Flax + Chia and leave aside for a minimum of five minutes.
- Melt 120g of the chocolate with the coffee and vegan margarine and allow to cool slightly.
- Stir the flour, almonds, Cacao Boost, baking powder and 1/4 tsp salt in a bowl. Using a hand whisk or mixer, combine the sugar with the melted chocolate until it is smooth. Stir in the Flax + Chia mix, vanilla extract and remaining chocolate, then the flour mixture. Spoon into the tin.
- Bake for 35-45 mins until a skewer inserted in the middle comes out clean. Allow to cool in the tin completely, then cut into squares.
- Add to skewers with your choice of fruit – we recommend strawberries and chocolate sauce!



BIOGLAN®
SUPERFOODS

GREEN BOOST

Organic Superfoods Powder

ENERGISE + DEFEND™



Add our blend to smoothies and recipes

Brimming with
Iron* and Vitamin B12**

7 REVITALISING SERVINGS PER PACK
70g e



Savoury Muffins

Makes: 12

Ingredients:

- 2 medium eggs
- 150ml milk
- 75g butter, melted
- 150g grated cheddar cheese
- 1 spring onion, chopped
- 75g baby spinach, chopped
- 1/2 red pepper, diced
- 2 tbsp Bioglan Superfoods Green Boost
- 250g self raising flour
- 1/2 vegetable stock cube
- Salt and pepper to taste (but can be left out)

Method:

- Preheat the oven to 180°C / 350°F and line a muffin tin with 12 muffin cases.
- Gently whisk the eggs in a large bowl and stir in the milk and melted butter. Mix in the grated cheese, spring onion, baby spinach and diced pepper.
- Finally, add in the flour, Green Boost, salt and pepper (if using) and crumble in the stock cube and mix just enough until all the ingredients have combined.
- Divide the mixture between the 12 muffin cases and bake in the oven for 20-25 minutes until cooked through (a skewer stuck into the middle should come out dry).
- These muffins can be frozen once they have cooled completely. To defrost simply leave out for a few hours or overnight.

Life's nothin'
without muffins

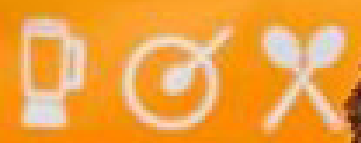
MALTY,
CARAMEL
TASTE

BIOGLAN
SUPERFOODS

CACAO BOOST

Organic Cacao, Lucuma, Hemp & Moca Powder

ENERGY SUPPORT



Add our blend to smoothies and...

Buzzing with
Magnesium and Copper



7 ENERGISING SERVINGS PER...

70g (1)



Vegan Rocky Road



Makes: 8

Ingredients:

- 60g of pistachios, shelled
- 100g of pecans
- 120ml maple or agave syrup
- 120ml coconut oil
- 45g Bioglan Superfoods Cacao Boost
- 50g of dried cranberries
- Handful of popcorn

Method:

- Line a 20cm square tin with baking paper.
- Toast the nuts in a pan on a medium heat for a couple of minutes until slightly golden, then set aside in a bowl to cool.
- Add the coconut oil and syrup to the pan and heat gently until the coconut oil is melted. Stir in the Cacao Boost, then tip in the rest of the ingredients and coat it well in the liquid chocolate mixture. Pour into the prepared tin and smooth down the surface.
- Place in the fridge to set for at least 2 hours.
- Slice into squares and serve. Enjoy!

Sweet treat





Greens Guacamole



Serves: 6-8

- 3 ripe avocados
- 5 small mixed baby tomatoes
- 1 tbsp Bioglan Superfoods Green Boost
- Juice from 1 large lime
- Handful of coriander
- 1 small red onion, finely chopped
- Salt and pepper
- Tortilla chips, to serve

Holy Guacamole!

Method:

- Cut the avocados in half and remove the stones. Scoop out the flesh and place in a bowl. Mash the avocados using a fork or masher.
- Cut the baby tomatoes in small chunks and add to the mashed avocado, along with the chopped onion.
- Juice one lime to add to the avocado mix, as well as a handful of coriander with the stalks chopped.
- Add 1 tablespoon of Green Boost powder (we would suggest one teaspoon for every avocado you use in the recipe).
- Season with salt and pepper and mix everything together.
- Serve immediately with tortilla chips.!





Salted Caramel Energy Balls



Serves: 12

Ingredients:

- 2 tbsps Bioglan Superfoods Cacao Boost
- 1/2 cup of pecans
- 1/2 cup raw walnuts
- 1 cup of oats
- 6 medjool dates
- Pinch of salt
- 1 tbsp of water

Method:

- Blitz the nuts and dates with the water but don't allow them to become too fine. The mixture should feel sticky so you can shape them into balls. Place on a tray with some baking paper and keep them in the fridge for at least an hour to allow them to form (we like to keep ours in the fridge overnight!). Once they're ready, keep them in an airtight container in the fridge.



Mmmm...





Pea and Mint Risotto

Serves: 2

Ingredients:

- 1 tsp extra virgin olive oil
- 1 onion, finely chopped
- 2 cloves garlic, crushed
- 100g pearl barley/farro
- 500ml hot vegetable stock
- 1 tbsp Bioglan Superfoods Green Boost
- 125ml water
- 200g petit pois
- 2 cups baby spinach leaves
- 10 mint leaves
- Zest of half a lemon
- 75g mascarpone cheese

Method:

- Heat the oil in a large pan over a medium heat, add the onion and garlic and cook for around 5 minutes until the onion is soft. Add the barley/farro and cook for 2-3 minutes stirring constantly.
- Increase the heat to high, and gradually add the stock a ladle at a time, stirring to absorb all the liquid, the grains should take around 25 minutes to cook.
- Whilst the barley is cooking, place the peas, spinach, mint, lemon zest, Green Boost and water in a food processor and process until finely chopped. Add the pea mixture, 50g of the mascarpone, salt and pepper to the pan and cook for a further 2 minutes, stirring to combine.
- Divide the risotto between 2 bowls and top with the remaining mascarpone and pea shoots.

Risotto makes
me hap-pea



Magic Self-Saucing Pudding

Serves: 4

Ingredients:

- 150g self-raising flour
- Pinch of salt
- 1 tbsp Bioglan Superfoods Flax + Chia
- 110g sugar
- 30g Bioglan Superfoods Cacao
- 125ml chocolate soy milk
- 30g melted coconut oil, plus a little extra for greasing

For the topping:

- 200g sugar
- 30g Bioglan Superfoods Cacao
- 300ml boiling water

Method:

- Preheat your oven to 170°C/gas mark 3 and grease a square 20cm baking dish.
- For the pudding, mix together the flour, salt, Flax + Chia, sugar, and cacao powder. Add the coconut oil and chocolate milk and whisk it all together thoroughly. Pour the mixture into a baking dish and spread out evenly.
- In another bowl, mix together the remaining 200g sugar and 30g cacao powder, and sprinkle over the top of pudding mix.
- Pour the boiling water evenly over the top. Pouring onto the back of a spoon helps spread it best. Bake in the oven for 25-30 minutes, until the top of the pudding is light and springy.
- Remove from the oven, and allow to sit for 5 minutes before serving.

Tastes like
magic





Cacao Fudge Frosting

Makes: 12

Ingredients:

- 200g coconut cream
- 40g Bioglan Superfoods Cacao Powder
- 1 tbsp agave syrup
- Chocolate shaving, sprinkles or other decorations of choice

Method:

- Place the creamy part of your coconut cream in a bowl, leaving the watery part out. Whip in the Cacao Powder and agave syrup using a handheld or electric whisk and whip until fluffy.



Fudging
delicious

